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Africa bound

“Chamorro Warriors” from the Guam National Guard depart for the Horn of Africa to support Operation Enduring Freedom

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Children's manual

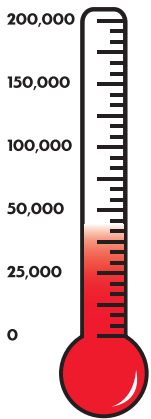
ACS' New Parent Support Program provides resources and answers for first-time parents; the second in a four-part series on raising children in a safe environment

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Motorcycling 101

Ready to ‘get your motor runnin’? Drop in to the motorcycle safety course at Wheeler Army Air Field before you hit the road.

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AER update

As of this week, the Army Emergency Relief program has collected \$39,343 en route to its \$200,000 goal. Call 655-4783, or 655-7132 to donate.

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OLF tours now 15 months

JIM GARAMONE  
American Forces Press Service

WASHINGTON — All Soldiers in the U.S. Central Command area of operations will serve 15-month tours in the region beginning immediately, Defense Secretary Robert M. Gates announced, Wednesday.

“Effective immediately, active Army units now in the Central Command area of responsibility and those headed there will deploy for not more than 15 months and return home for not less than 12 months,” Gates said, during a Pentagon news conference.

This policy applies to all active duty Army units with the exception of two brigades currently in



Gates

Iraq that have already been extended to 16 months. The policy does not apply to Marine Corps, Navy or Air Force units serving in Central Command. It also does not apply to Army National Guard or Army Reserve units deployed to the region.

The 15-month tour applies to active duty Soldiers serving in Afghanistan, the Horn of Africa and all the countries in the region. U.S. Central Command

stretches from Kenya to Kazakhstan and Egypt to Pakistan.

Soldiers will receive an extra \$1,000 a month for each month or portion of the month that they serve longer than 12 months, Gates said.

Gates called this policy an “interim change.” The goal for active duty units is 12 months deployed followed by 12 months at home station. Ultimately, the Army would like to see Soldiers deployed for 12 months and home for 24 months.

“My objective was to set clear guidelines that our commanders troops and their families could use in determining how future rotations in support of the global

war on terror would effect them,” Gates said.

The deployment change is intended to provide better clarity, predictability and sustainability in how the Defense Department deploys active duty Army forces, Gates said.

“Without this action we would have had to deploy five Army active duty brigades sooner than the 12-month at home goal,” Gates said. “I believe it is fairer to all soldiers that all share the burden equally. In the end, this new approach will better allow the Army to better support the war effort while providing a more predictable ... deployment schedule for our Soldiers and their families.”

C Quad residents ‘movin’ on up’

Historic C Quad opens with many amenities for the 2-35th Infantry

Story and Photos by  
AIKO BRUM  
Chief, Command Information

Wanna’ shoot some hoops, Soldier? Well, see ‘ya on the third deck of Building 355.

Home to a full-sized gym/basketball court, a company-level conference room, and the latest amenities for Soldiers who will live the barracks life, newly-renovated C Quad awaits the return of 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, from Operation Iraqi Freedom.

Tuesday, Col. Howard J. Killian, U.S. Army Garrison, Hawaii, commander, officially presented the C Quad buildings after they received a Hawaiian blessing.

“Hoomaemae,” said Reverend Kaleo Patterson, who serves a parish on the Waiālae Coast. “Make clean of any impurity of thought or design, the land upon which we stand today.”

During a three-year renovation project, contractors restored the quad buildings, listed on the National Register of Historic Places, to their original architectural design at the turn of the century – complete with period colors and double-cased windows, as well as numerous modern-day comforts.

“C Quad was built during a large building campaign that focused on infantry regiments, back in the 1915 to 1918 time-frame,” said Killian about the setting, richly steeped in history.

“The history of this quad will live on as



Installation chaplain (Col.) Hanson R. Boney, assists as Reverend Kaleo Patterson gives C Quad a Hawaiian blessing.



**Then and now** – In the early 1900s, the barracks was home to 1,500 Soldiers: one company per floor, with the first sergeant living on one end and the mess hall on the other end. “Soldiers were not authorized wives or families and made do with a bunk and a foot locker,” said Col. Howard J. Killian, USAG-HI commander. Now C Quad boasts a full-sized gym (Building 355) and barracks “suites” (Buildings 356 and 358) that feature refrigerators, ranges and microwave ovens.

it stood here on 7 December, 1941 ... strafed by the Japanese when attacking at Wheeler Army Air Field ... and as it was used in 1953 as the filming site for the movie version of ‘From Here to Eternity,’” Killian explained. “C Quad, like its contemporaries, is one of the earliest concrete-paneled buildings constructed in Hawaii.”

The Army’s Whole Barracks Renewal Program requires transformation of facil-

ities to comply with 21st century building codes, and antiterrorism and force protection standards.

The mandate greatly challenges installation commanders because it requires them to convert barracks designed for high-volume occupancy into “suites.” For example, the two C Quad barracks were once home to 1,500 Soldiers. Now, 36 single occupant and 132 one-plus-one rooms, called suites, will house junior enlisted Soldiers and non-commissioned officers – for a total of 300 Soldiers.



The C Quad barracks offers keyless entry.

The suites feature separate bedrooms and a common bathroom and kitchen. Additional amenities, in all living spaces, include a full-sized refrig-



SEE C QUAD, A-8

DoD IDs Army casualty

U.S. ARMY GARRISON, HAWAII,  
PUBLIC AFFAIRS  
News Release



Cauthorn

The Department of Defense announced the death of a 25th Infantry Division Soldier who was supporting Operation Iraqi Freedom.

Sgt. Forrest D. Cauthorn, 22, of Midlothian, Va., died April 5 in Hawijah, Iraq, of wounds suffered when his unit came into contact with enemy forces using small arms and grenades during combat operations.

His death is under investigation.

He was assigned to the 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division.

Casey is named new CSA

FORT MYER, Va., — Gen. George W. Casey Jr., Tuesday, became the 36th chief of staff of the Army, assuming the position from Gen. Peter J. Schoomaker.

Casey was the first commander of the Multi-National Force-Iraq, a coalition of more than 30 countries, until February. He had served as Schoomaker’s vice chief of staff before deploying to Iraq in 2003 to assume command of the coalition.

Guest speakers at the ceremony included Secretary of Defense Robert M. Gates and Acting Secretary of the Army Pete Geren, both of whom praised Schoomaker for his accomplishments and the positive changes he made to the Army after being called from retirement in 2003 to assume the top uniformed Army position.

Geren, who hosted the ceremony, called Schoomaker a great teacher and Soldier, and honored



Casey Jr.

SEE CASEY, A-7

DoD reaffirms commitment to family, troop morale programs

GERRY J. GILMORE  
American Forces Press Service

WASHINGTON – It’s imperative, especially during wartime, that the Department of Defense continues to provide viable family and troop morale programs for service members and their families, a senior Defense Department official said here recently.

“Our military families are the heart and soul of troops on the battlefield,” Leslye A. Arsht, deputy undersecretary of defense for military community and family policy, told the House Armed Services Committee’s subcommittee on military personnel at a Capitol Hill hearing.

The Defense Department “has made family support a priority and redesigned and boosted family support in a number of ways to recognize the crucial role families play in supporting service members” deployed worldwide in support of the war against

terrorism, Arsht said.

Military families cite communication with their deployed service members as their No. 1 concern, Arsht said.

Among other initiatives, defense officials have established special computerized communications centers that help keep families and service members connected during deployments, she noted.

Military families also want easy and quick access to information that’s important to them, Arsht said, and she cited two Web-based Defense Department initiatives designed to meet that need.

Military OneSource is a 24-hour information and referral service at [www.militaryonesource.com](http://www.militaryonesource.com) that provides information about parenting, child care, educational services, financial information and counseling, Arsht said.

Military Homefront is the department’s quality-of-life Web portal at [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil) that provides useful information about stateside or overseas moving, spouse job information, and more.

These services also support National Guard and Reserve military families, Arsht added.

Military family support and assistance centers established across the services “remain the backbone of support provided to families in the military,” Arsht said.

The military services also provide counseling support to help families cope with separations due to service members’ overseas deployments, Arsht said. Trained family counselors can help families with life management issues such as reunion expectations, loneliness, stress, long separations, effects of deployment on children, loss and grief and more, she said.

The department’s commissary, military exchange and child care systems all provide important support to military families, Arsht said.

sht said. Military families save more than 30 percent annually on groceries by using their local commissary and save 16 to 20 percent at their local exchange stores, she noted.

About 42 percent of junior enlisted service members who use child care said they were moderately to very concerned about the issue during their last deployment, Arsht said.

Accordingly, the department has provided \$228 million in funding for military child care since the start of Operations Enduring Freedom and Iraqi Freedom, she said, while creating about 7,000 more child care spaces at 37 child care centers. The department has earmarked another \$82 million, Arsht said, for expanding existing child care facilities.

Another program, Operation Military

SEE MORALE, A-7









John Reese | U.S. Army Garrison, Hawaii, Public Affairs  
Capt. Joseph Cruz, left, cases the unit's colors.



Master Sgt. Charles Owens | 1101st General Support Unit  
Soldiers in the audience salute while the National Anthem plays at the Guam National Guard's deployment ceremony at Sills Field, April 5.

## Chamorro warriors ready to give OEF support on the Horn of Africa

JOHN REESE

U.S. Army Garrison, Hawaii, Public Affairs

Chamorro Warriors of the Pacific, also known as the Guam Guardsmen of Team Delta, 1st Battalion, 294 Infantry Regiment, were saluted in a deployment ceremony here, April 5, on Sills Field as they depart for the Horn of Africa in support of Operation Enduring Freedom.

With family members making the long flight from Guam to Oahu to cheer them on, the infantry Soldiers of Team Delta were addressed by Maj. Gen. Donald J. Goldhorn, adjutant general of the Guam National Guard, and by their commanding officer, Capt. Joseph I. Cruz.

The unit's colors were cased in anticipation of travel. They will be ceremonially unfurled when Delta replaces its sister unit, Team Charlie, in the Horn.

Unique to a ceremony in the Pacific, the emotional words of "Aloha Oe" brought a few handkerchiefs to the eyes of several family members. Even more unique to the Pacific Command was the Guam hymn "Fanohge Chamoru."

"I'm so proud of these troops," said Goldhorn, privately greeting individual troops and their families after the ceremony. "Some of these Soldiers are going on deployment for the second, sometimes third deployment, and what a tremendous sacrifices

these families are making to this effort in the Horn and to the global war on terror.

Employers of the Guardsmen on Guam should also be recognized for their sacrifice, added Goldhorn, noting the businesses lose their valuable employee for a year or more during deployment.

"That's another piece of our whole success is the support that we get from our employers," said Goldhorn.

# Deployed Soldiers, families unite through reading

Story and Photos by  
STAFF SGT. TYRONE C. MARSHALL JR.  
Task Force Lightning Public Affairs

TIKRIT, Iraq — Last year more than 7,000 Soldiers from the 25th Infantry Division at Schofield Barracks, Hawaii, rejoined their comrades in the global war on terrorism.

The mental grind of preparing for a deployment and the stress it causes to Soldiers and their families can sometimes be overwhelming. To counter this stress, programs have been developed to make the transition for Soldiers and their families easier.

One such program is the United Through Reading program.

A quality of life program, UTR helps service members and their families remain connected during deployments. Soldiers can read books aloud to their children while being videotaped.

Learning messages are conveyed through the reading, as well as emotional messages to loved ones. Once a video has been made, a videotape or DVD is forwarded to the service member's home.

Upon receipt, the family can watch, read or sing along with the video. The family is taped, photographed or otherwise documented and media is sent back to the deployed parent.

This feedback completes the process and encourages parents to read again. It is called the "full circle of communication" within the program.



A small child reacts to his father reading a book as he participates in the United Through Reading program.

"What happens is, once people come in, you can bring a book from home, or you can pick out a book from the library," said Maj. Steve Hopper, the point of contact for the program at Contingency Operating Base Speicher.

"Once you're done [reading the book], we finalize the video in DVD format. Then we either mail it or give it to the service member to send," said Hopper.

"Then you also get a 300-minute AT&T calling card," he added.

Hopper discussed the success of the program at COB Speicher.

"We've had 105 participate," he

said. "Twenty percent of the 105 have been repeats."

As coordinator, Hopper also stated that the program focuses on children ages 12 and younger.

Hopper, who records the sessions, has witnessed an array of emotions from participants in the program.

"I've seen everything from laughter to tears recorded," he revealed. "It's a place to escape reality. It keeps the family in contact and helps people."

Hopper is quick to add that it is up to the reader if he or she feels uncomfortable and wants him to



Maj. Steve Hopper, UTR coordinator for COB Speicher, Iraq, demonstrates the process for recording a session to send to family members from deployed parents.

leave.

Indeed, the program has grown. The room used has been redecorated and the book collection has grown from five books to over 220 books, according to the coordinator.

Some service members have already decided to continue using the program.

"My children had just seen me on [a video teleconferencing call]," said Maj. Mark Parker, from the

Task Force Lightning G-6.

"I had my wife send the children's favorite books," said Parker. "It's a good connection. You get into it when you do the reading."

Parker, who has two boys, stated that he plans to continue using the program to tape a reading each month.

Maj. Charles Darling, who is assigned to Task Force 399th's anesthesiology section, also plans to use the program on a monthly basis.

"It takes away from the separation anxiety," said the medical officer.

Service members wishing to use this program will have to use it at COB Speicher. It is the only site in Multinational Division North, for now.

However, Hopper's vision is to spread it from COB Speicher. He also hopes patients at the hospital can use it on their down time.

He said the 25th Combat Aviation Brigade's Morale, Welfare and Recreation center has a camera and at least four books to use.

This program is intended to keep families in touch with each other and ease the transition upon the deployed parents return home.

"During these recording sessions, be a parent, be silly, be yourself," said Hopper. "The main focus is to keep the family united."



Spc. Mike Alberts | 3rd Infantry Brigade Combat Team Public Affairs

## Desert sunrise

KIRKUK, Iraq — Sgt. Maj. Keith Castaneda, plans sergeant major, 3rd Infantry Brigade Combat Team, 25th Infantry Division, plays a worship song for Soldiers, airmen and civilians during a sunrise service at Forward Operating Base Warrior, here, Easter Sunday.

# Chaplains, medics assist in war zone

Combat stress teams provide coping strategies, keep Soldiers focused

CPL. JESS KENT  
Army News Service

BAGHDAD — Just as there are ways to combat enemy forces, there are ways to combat the emotional upheaval troops endure when handling homefront problems in a war zone.

Common homefront problems are related to relationships or worries about infidelity, financial stress, legal concerns and discipline for children. When a service member feels pressured or needs someone to talk to, there are many options, ranging from talking to peers or supervisors to confiding in the unit chaplain or nearest combat stress control team.

“The two most common issues I have helped Soldiers deal with while deployed are relationship problems with either a spouse or significant other or financial issues,” said Maj. Collie Foster, chaplain, 67th Theater Signal Battalion. “Chaplains can provide a shoulder to lean on when pressures get too great and can turn the Soldier toward God, who is there to make our burdens lighter.”

When troops carry a large emotional burden, the inability to sleep may be just one

symptom. When someone is not well rested, it can be hard for them to focus on the mission.

“The Soldier is bombarded with the dangers of combat; therefore, they become overly sensitive,” Foster said. “When issues from home surface, the stress they are currently under may cause even the smallest issue at home to look larger than it really is.”

If this is the case, there are three ways to classify and evaluate a problem: physical, mental and emotional. There are resources to turn to for each category.

“Since a human being is made up of body, soul and spirit, a person can turn to medical personnel to deal with the physical aspect of stress, mental health personnel to deal with the emotional aspect and a chaplain to deal with the spiritual,” Foster said.

If a service member seeks assistance from a combat stress control team, there is an open door policy, said Col. Emile Risby, mental health consultant, 3rd Medical Command.

“The first thing to do is sit down and get the facts,” he said. “Clarify what can or can’t be done, and decide whether or not things can be resolved here in theater or if it needs to wait until the Soldier returns home.”

After helping troops evaluate their problems, mental-health advisors devise a treatment plan to help get them on the right track.

“We look at the different strategies to help

a Soldier cope while in theater,” Risby said. “This can be anger management, stress-reduction techniques, education in life skills and emotional symptoms, or a cognitive-based program. The big key is to prevent Soldiers from isolating and shutting down.”

When dealing with deployed troops who have homefront problems, mental-health consultants encourage the development of social supports found in theater: buddies, supervisors, chaplains and combat-stress control teams.

“Theater-wide, combat-stress control teams see about 700 new cases of combat-stress reactions a month, and a significant portion of those have homefront problems,” Risby said. “If a Soldier is distracted by what’s going on at home, he’s not going to be mission-focused. Homefront problems do affect mission readiness.”

To prevent this from happening, combat-stress teams are in theater for the troops.

“Seeking help is the right thing to do, and it’s not a career buster,” he said. “Also, if a Soldier seeks help from combat stress teams, he can do so anonymously. Commanders are notified if there’s a safety concern, if the Soldier requests that the command be notified, or if the Soldier stays for two to three days of counseling at a combat stress fitness center.”

*(Editor’s Note: Cpl. Jess Kent writes for the 28th Public Affairs Detachment.)*



# Resources abound in ACS New Parent Support Program

Part Two in a four-part series on raising children in a safe environment: *“It takes a community ...”*

**JEREMY S. BUDDEMEIER**  
Editor

Cole Weeks and Catherine Heflin want parents to know they make house calls.

Though they're not doctors, these master social workers for Army Community Service's New Parent Support Program visit homes across the island to educate new and first-time parents on techniques for toddlers and the arsenal of available resources the Army offers.

“We work with a lot of first-time parents who maybe haven't had siblings or experience with children, or want a little bit of extra support, to make the transition into parenting easier,” Weeks, the lead social worker for the program, said.

The voluntary program identifies families with stress factors and children less than 5 years of age, and tailors an individualized, one-on-one plan for improving parent-child interactions and providing parents with realistic expectations for their child.

Plans can vary from eight to 10 weekly sessions to one and a half years, depending on the family's needs.

Amber Gale and her daughter, Alexis, have been enrolled in the program for more than a year. Gale began the program in the first few weeks after Alexis was born.

“As a first-time mom, they helped me understand about being a parent,” Gale said during a telephone interview. “I liked how they were open — you can talk to them about anything. They're there to guide you through your problems.”



Courtesy Photo

Celestine Rone, a sixth grader at Nimitz Elementary, won the Family Advocacy Program's poster contest with her entry above. Rone's poster will be used next year to promote Child Abuse Prevention Month.

Gale is one of the approximately 300 Army families from around the island who are enrolled in the program. However, some couples begin the program before they even become parents.

Pfc. Darryn Walton, an infantryman with the 1st Battalion, 27th Infantry Regiment, and his wife, Abigail, are expecting in less than two weeks; they started the program about four months ago.

Darryn said Heflin assisted them with information, such as the amount of clothing, diapers and basic essentials they would need to get started as new parents. In addition, Heflin brought over a few DVDs explaining proper parenting behavior.

“We talk about empathy, expressing feelings, and the ages and

stages of development,” Heflin said.

However, before Weeks or Heflin observe family interactions in the home, they begin with a safety walk-through.

The walk-through targets potentially dangerous fixtures, such as non-gated stairs, electrical outlets without covers and unsecured doors. In addition, Weeks recommends safe habits like providing infants and toddlers with their own crib to prevent them from falling off the bed, or from being suffocated by a sleeping parent who has rolled over.

Though families can also opt to meet outside the home, the Department of Defense-wide program is one of the only of its kind that enters into the family's environment to provide support,

Weeks said.

Support can take the form of helping to build a spouse's social support network through family readiness groups or neighbors, or informing parents of programs such as Women-Infant-Children (WIC), which provides nutritional support and free formula for low-income families. Another form of support is the Blue Star Card Program, which offers discounts and benefits, such as five hours of free child care each month if a spouse is deployed.

Whether a spouse is deployed or not, Weeks said one of the toughest adjustments new parents must make is the time commitment and patience required for young, oftentimes crying children.

The only way for babies to express themselves is through crying, said Heflin. However, she warned that crying can be a trigger for child abuse.

“Sometimes you can't soothe the baby. Sometimes the baby is bored, or just needs to exercise his lungs,” she said. “A healthy baby may cry for six hours a day.”

For infants who sometimes can sleep 20 hours per day, and be up all night crying, Weeks recommends trying to get on a similar schedule by taking short naps during the day.

However, not every working parent can slip away for a quick cat nap; for these parents, Weeks recommends working closely with the child care provider, so when the child comes home, he or she is still on a consistent schedule.

Ultimately, the New Parent Support Program seeks to build strong,

## Child Abuse Prevention Month events:

**14 / Saturday** — Teddy Bear Drive at Ward Warehouse stage from 11 a.m. – 2 p.m., state-wide event sponsored by Prevent Child Abuse Hawaii. Donated teddy bears will go to social service organizations working with children at risk for child abuse or neglect. ACS staff, along with various state and nonprofit programs, will assist with the event.

**21 / Saturday** — Spring Round Up. Sponsored by Army Hawaii Family Housing, enjoy the Aliamanu Military Reservation's version of the Family Fun Fest at AMR Housing Park from 9 a.m.– 2 p.m.

**24 / Tuesday** — PT in the Gym. Bring the children for a taste of a good old-fashioned (but light-hearted) military workout at 6:30 a.m., at the Fort Shafter Physical Fitness Center gym. Children and parents from all the armed forces branches are welcome.

Call 655-1670 for more information.



confident parents.

“[The program] has given me a kind of calm to help me know I can get through it,” Darryn Walton said in a telephone interview.

Walton's statement must make Weeks — who said the most rewarding part of his job is working one-on-one with the families — feel like a proud papa.

“You get to observe their confidence levels increase, and [they] become more resilient with their parenting,” Weeks said.

For Heflin, who decided to shift her focus to families after working as a clinical social worker, building strong families begins with the child.

“If we can make a difference for a child, the difference goes on

Check out future editions of the Hawaii Army Weekly for the rest of the series on Child Abuse Prevention Month:

**Part III (April 20): Car safety seat checks** — The state's child safety-seat regulations changed as of Jan. 1; are you within regulations?

**Part IV (April 27): New supervisory policy** — What your responsibilities as a parent and a neighbor will be under the new on-post supervisory policy.

and on.”

For more information on the New Parent Support Program, contact Cole Weeks or Catherine Heflin at 655-1670.

# AHFH communities get ready for Earth Day

ANN WHARTON

Army Hawaii Family Housing

Earth Day is right around the corner – April 22 – so it’s the perfect time to walk the talk and do your part to create a sustainable environment. From the Department of the Army, to local garrisons and down to the communities, Soldiers and their families live, exciting initiatives are taking place to support the Army’s sustainability goals.

One goal is enhancing the well-being of Soldiers, civilians, families, neighbors and communities through leadership in sustainability. The Army is committed to future generations, and will work to sustain natural and cultural resources worldwide, which will enhance the quality of life for everyone.

One way you can support this effort is to work with a community organization whose mission is to sustain the local environment. You can choose to rid alien species from a Native Hawaiian forest, stream or beach; clear debris from hiking trails; restore habitats for native species; and more.

There are numerous organizations that need help year-round and many are open to the entire family. Earth Day also is a great opportunity to gain access to some of the most beautiful sites on Oahu and meet new people.

Even if you have a few hours to volunteer one day a year or a couple of days a year, your

## Actions at home that make a difference

- Keep sidewalks, curbs and gutters clean.
- Prevent soil and debris from leaving your property.
- Gather grass and tree cuttings and dispose as green waste, or compost your yard trimmings.
- Purchase used oil change box; soak up spilled oil and dispose of appropriately.
- Remove and dispose of pet waste before you leave an area.
- Use water-based paint and discard properly.
- Use only the amount needed of pesticides and fertilizers.
- Wash your car with plain water or consider washing it on the lawn.
- Keep household cleaning products from becoming hazardous waste.

*(Editor’s Note: The City & County of Honolulu, Environmental Services Division, was the source for this information.)*

limited time can make an impact when you consider a dozen others who might be able to give perhaps four hours of their time. All

those hours on separate days can add up to a full workweek, and a lot can be accomplished in that time.

For residents involved in scout troops, soccer and other athletic clubs, consider choosing a specific project you can do as a team. Team projects are a positive and fun way to build camaraderie and instill important habits with younger generations.

To learn more about Earth Day and some of the exciting opportunities taking place on Oahu, log on to [ArmyHawaiiFamilyHousing.com](http://ArmyHawaiiFamilyHousing.com) and click on the Earth Day 2007 link.

In AHFH communities, several initiatives will soon get underway to show how residents – adults and kids – can be good custodians of the environment in their own homes.

Already, there are regular recycling pickups scheduled each week, and EnergyStar appliances, solar water heaters and Photovoltaic (PV) energy are being utilized in new homes that will make USAG-HI the largest solar-powered residential community in the world.

Energy-efficient programs also are being targeted for existing homes. This upgrade includes the replacement of more than 85,000 light bulbs with compact fluorescent lights, the installation of Energy Scout on electric water heaters, and the installation of air conditioner units that meet EnergyStar standards in a home’s main living area and master bedroom.

## News Briefs

Send calendar announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### April 13 / Today

#### Tax Season, Four Days Left —

The Fort Shafter Tax Center is located in Building 330. The hours of operation are Monday–Wednesday, from 9:30 a.m.–5 p.m., and Thursday, from 9:30 a.m.–6 p.m. Call 438-0829.

The Schofield Barracks Tax Center is located in Building 678. The hours of operation are Monday–Wednesday, from 9:30 a.m.–5 p.m., Thursday, from 9:30 a.m.–6 p.m., and Friday, from 9:30 a.m.–4 p.m. Call 655-1040.

### 16 / Monday

#### Hawaii Medal Of Honor —

The Hawaii State Legislature will meet in joint session to present Hawaii Medals of Honor to 68 families with ties to Hawaii who have lost loved ones in Iraq. The

presentation will be made in the Senate Chamber at 10 a.m. For more information, contact Representative K. Mark Takai at 586-8455.

#### Days of Remembrance —

The U.S. Army Garrison, Hawaii, Equal Opportunity team invites the military-civilian community to its Days of Remembrance observance, April 16 from 10:30–11:30 a.m., Building 1554, Fort Shafter Flats. This year’s focus is “Children in Crisis: Voices from the Holocaust.”

Come enjoy a special presentation of hope, an artist gallery display and ethnic food tasting. Call Staff Sgt. Eli Handler (438-2986) or Master Sgt. Sophia Mendoza (258-3696) for more details.

### 18 / Wednesday

#### School Partnership Reception —

The fifth annual Army School Partnership Reception (SPR) will be held Wednesday, April 18, at 3:30 p.m., at the Schofield Barracks Nehelani Banquet and Conference Center. The event brings Army and Department of Education partners together and encourages an opportunity to reflect on projects, endeavors, and improvements at our public schools. Call 655-9818 for details.

# Casey: New chief lauds Soldiers for sacrifices

CONTINUED FROM A-1

him for nearly four decades of active service characterized by sacrifice, courage and devotion to duty.

“It’s been a privilege to work alongside this extraordinary leader, this great teacher, a man who has given so much for his country and the Army he loves,” Geren said. “Pete Schoomaker is a patriot, a man who has always put the country first and always answered the call to duty.”

Gates also expressed his gratitude to Schoomaker, thanking him for his vision and leadership.

“Challenging times require extraordinary vision and leadership, and Pete has shown both those qualities,” Gates said. “He has entirely changed the manner in which our Army is trained, deployed and organized.”

In his parting words, Schoomaker reaffirmed that today’s Soldiers are still the Army’s greatest strength, because war will continue to be fought in the human dimension.

“While technology has changed our Army, there can be little doubt that when you look into the eyes of our warriors today, as I have in the last four years, I see the same patriotism that George Washington must have seen at Valley Forge,” Schoomaker said. “... I am proud to report they continue to exceed every expectation for courage, dedication and selfless service — they are the heart of all we do, they are our future, and they demonstrate strength, compassion and warrior ethos.”

Casey spoke last and thanked both secretaries, the president, Congress and Schoomaker for their faith in his abilities to lead the Army.

“I’m proud to be taking charge of an Army that’s regarded as the best in the world at what it does,” Casey said.

“I have watched the men and women of our Army in action in

the most demanding combat environment. I take great pride in the courage, the confidence and the commitment of our Soldiers and civilians to both the ideals that have made this country great and to making a difference in our world. They epitomize what is best about America.

“They and their families carry heavy burdens in today’s war with a hard road ahead, yet their willingness to sacrifice to build a better future for others and to preserve our way of life is a great strength for our nation,” he said. “We are Army Strong and I could not be more proud today to be a Soldier and to stand shoulder-to-shoulder during this time of danger and uncertainty.”

# Tripler’s Rovelstad nabs ‘Soldier of Year’

JERRY HARBEN  
Medical Command

FORT SAM HOUSTON, Texas — Spc. Steven H. Rovelstad emerged from a grueling five days of competition as Soldier of the Year, while Staff Sgt. Russell A. Burnham took Noncommissioned Officer of the Year (NCO) for U.S. Army Medical Command.

“It was physically and mentally challenging, the most rewarding thing I have done in the Army,” said Rovelstad. “I got to do things I don’t get to do in the clinic.”

“My offer was to leave my unit, my country and my Army better than I found them. Being NCO of the Year is a step in that process,” said Burnham.

Rovelstad is a preventive dentistry specialist for the Army Dental Activity in Hawaii. Burnham is a platoon sergeant at the Army Medical Department Center and School.

The competition was held April 1–6 at Fort Sam Houston and Camp Bullis, Texas. All competitors first passed a 100-question written test and wrote an essay about current events.

They passed the Army Physical Fitness Test, hiked with full ruck packs, and demonstrated marksmanship with M-16 rifles. They also negotiated a land navigation course. Then in tactical scenarios reacted to explosive devices, communicated through radios, and conducted combat actions, including treating and evacuating casualties. Finally, they defended a convoy during a live-fire exercise.

A mystery task paired candidates in combatives competition, which Rovelstad termed the toughest part of the tests.

“The toughest part was the other competitors,” said Burnham. “They are all world-class NCOs.”

Finally, each candidate was inspected and questioned by a board of senior noncommissioned officers.

Corporals and higher ranks competed in the NCO competition, while specialists and lower ranks vied for Soldier of the year.

Competition actually began in 2006, when lo-

cal units selected their best Soldiers and NCOs. Local winners competed in each of six regional medical commands. The regional winners then joined representatives of Army Dental Command, Army Veterinary Command, the AMEDD Center and School, and Army Medical Research and Materiel Command for the finals at Fort Sam Houston.

The winners each received an Army Commendation Medal, a plaque, two \$1,000 savings bonds, and the right to request their choice of next assignment. In addition, they were presented a certificate for a dress blue uniform by Armed Forces Insurance, a gold watch by the Association of the United States Army, a statue by the DUSTOFF Association, a \$250 gift certificate by the post exchange system, a \$250 gift card by the United Services Automobile Association and a \$1,000 savings bond by the Government Employees Insurance Company.

All competitors received coins and certificates of achievement from the MEDCOM commander and command sergeant major.

Burnham and Rovelstad will represent MEDCOM later this year in competition for Army NCO of the Year and Soldier of the Year.



Rovelstad

# Morale: Troops enjoy many programs

CONTINUED FROM A-1

Child Care, provides support for the child care needs of geographically dispersed military parents, Arsht said, and is especially helpful for members of the National Guard and Reserve.

The military also provides several no-cost youth activity programs through partnerships with national organizations such as the Boys and Girls Clubs, 4-H Clubs, and the Armed Services YMCA, Arsht said.

Overseas troops regularly enjoy top-name entertainment provided by the Armed Forces Entertainment, Arsht said. In 2006, AFE conducted 118 tours with 1,433 shows in 25 countries, she said. Entertainers include Gary Sinise, Colin Quinn, World Wrestling Entertainment personalities, the Harlem Globetrotters, and many more groups.

Additionally, the Spirit of America tour puts on shows for stateside military audiences, Arsht said. From 2002 to 2006, the Robert and Nina Rosenthal Foundation worked with the country music industry to provide 76 celebrity shows at no cost to military members and their families, she noted.

Defense officials will continue to do their best to support service members and their families as the war against global terrorism continues and the Defense Department restructures itself, Arsht pledged.

“The needs of individual service members and their families must still be met,” Arsht said. “The department will continue to explore the most effective means of underwriting support to families and developing innovative new support systems.”

# C Quad: USA6-HI delivers residence ‘commensurate with quality of service’

CONTINUED FROM A-1

it was; we lived here on Schofield. That was many years ago,” she explained of the time when civilians used to live on post.

Likewise, noted Velma Kim, Wahiawa Botanical Gardens, “It’s just amazing what they do these days; it’s so different now.”

Kim recalled circa 1924, a time when her dad ran a laundry business on Schofield Barracks.

According to Killian, the quad concept required preparing the design and construction of four, three-story concrete buildings to house barracks, community activities, company operations, battalion headquarters, and dining facilities. Plus, demolition and renovation of historical buildings had to comply with the National Historic Preservation Act.

A \$58 million project, C Quad is one of a series in barracks renewal projects that will provide Hawaii Soldiers with “a quality of life commensurate with the quality of service” they provide, Killian em-

phasized.

In total, the C Quad required renovation of 288,000 square feet of facilities – the two barracks were gutted down to their slabs, then recreated by contractors; all exterior utilities and pavement were replaced, and the center courtyard restored. When the last touch had been made, more than 400,000 man hours had been expended.

Killian is most proud that the project stayed true to designs.

“In spite of modifications, the project was able to maintain its heritage and historical features,” he said.

The quad provides facilities for five company headquarters, including their supply and arms rooms and company offices, as well as the battalion headquarters building, which includes a state-of-the-art



Killian



“Ooh!” — Community members Mary Jane Lee, left, of the Wahiawa Neighborhood Board and Velma Kim of the Wahiawa Botanical Gardens express their delight with a mattress in a newly renovated C Quad suite.

than many apartments. The rooms are much bigger.”

Three out of five historical quads are now available for occupancy or are in progress, Killian said. Next year, four more will get underway; one at Fort Shafter, another at Wheeler, and two more at Schofield Barracks.

The production team included the following agencies: Nan, Inc., the contractors; Architects Hawaii Ltd.; Pacific Ocean Division Corps of Engineers; Honolulu Engineering District and its Schofield Barracks satellite office; DOIM, the Directorate of Information Management; the Garrison Housing Office; DES, the Directorate of Emergency Services; and 3IBCT, the customer.

dining facility, the battalion administrative and headquarters offices, and a consolidated Soldiers’ lounge. The most up-to-date communications, safety and security systems are also modern features.

During tours of the facilities, Maria

Yepes of Wahiawa General Hospital recalled and compared her memories.

“My father was in the infantry, stationed here in 1915 to 1916, that era,” she explained. “I thought [these barracks] were more dormitory style. This is better



# HAWAII **ARMY** WEEKLY

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"When work is finished."

FRIDAY, APRIL 13, 2007

## Road Rockets of Choice



Three decades of safe motorcycling qualify Master Sgt. Charles Owens to handle a 1520 cc Valkarie, one of the biggest production bikes available and definitely not for beginners.



The father and son who learn together, ride safer together. Master Sgt. Charles Owens points out what his son Aaron did right and wrong while practicing sudden stops. Family members and DoD civilians are welcomed to take the safety course.



Awaiting a signal to advance, students line up on the Wheeler course to practice for their final exam.



Jenny Fallaria, an Army spouse, weaves her way through the cones as another rider keeps a safe following distance.

Story and Photos by  
**JOHN REESE**

U.S. Army Garrison, Hawaii, Public Affairs

**WHEELER ARMY AIR FIELD** — There is much command emphasis on motorcycle safety, and for good reason: regardless of daily conditions and traffic density, it is dangerous out on the roads. Years of safe operation can be fatally undone by a single incident.

One careless driver turning left, or one vehicle not safely maintained and wrecking suddenly ahead can kill or maim.

Being a Soldier is already an inherently dangerous occupation, so why do so many novice road warriors, especially younger Soldiers, choose sport bikes that travel at warp speeds before they've even twisted their first throttle?

"We do have a lot of Soldiers who buy sport bikes," said Master Sgt. Charles Owens, instructor for the motorcycle safety course here. "They go out and buy the bike prior to coming to the course, then they find out they have to take the course. Instead of taking the (beginning rider) course, they come to the modified basic rider course."

Sport bikes, nicknamed "crotch rockets," have a seductive allure. The sleek, wind-tunnel sculpted plastic molded into eye-catching vibrant colors is shaped to accentuate the bike's high speed capability. They look fast sitting still.

And unlike purchasing an exotic sports car or muscle car, they come at a price any Soldier can afford.

The Army provides Soldiers, family members and Department of Defense civilians with three days and a frills-free Buell Blast motorcycle specially adapted for novice bikers to fall on the course without hurting the bike or the student. Riding your own shiny new machine on the course can be unnecessarily expensive.

"I had an E-4 drop his bike and do \$2000 dollars damage," said Owens. "I even had a captain out here with a brand new bike; it had about 12 miles on it. He insisted on riding it, [though he] had never ridden it before, and he dropped his bike and did about \$1,500 in scratches and mirrors on one side."

Ruining the fancy paint job and breaking mirrors and levers will hurt egos and wallets. Rocketing along the highway and encountering a surprise obstacle can kill.

"When purchasing a first bike, training is very important. Over 90 percent of fatalities involve self-taught riders with little experience," said Bill Maxwell, Transportation Safety Manager and

longtime biker. "Riding a motorcycle is very challenging, and many key skills are not how you would learn it on your own. Your odds of getting into a fatal accident after training (and taking the lessons to heart) drop dramatically."

Just like driving a car, most accidents happen within a few miles of home. A fatal accident for a novice rider, however, usually occurs soon after taking possession of the bike.

"The most critical time is the first month of ownership. Whatever you decide to buy, get trained before you get out on the road, or if you get training on your bike, don't ride it on the road until you get training," said Maxwell.

Motorcycles are like clothing, but most new bikers don't choose a bike that matches their ability or physical size, said Maxwell.

"About half the riders we see have some sort of size/fit mismatch, where the rider read all the magazine articles, but didn't take the time to try out every bike out there for a bike that fit their body, riding style and experience level," said Maxwell.

Riders that travel at a more relaxed pace would be far more comfortable with the ergonomics of a cruiser bike than the extreme ergonomics of the repli-racer sport bikes, added Maxwell, noting that with Hawaii's generally lower speed limits and short driving distances, there is little need for massive horsepower or huge size.

"Some of the best values for new motorcycles fall in the middleweight class of 250-600cc, and the resale value falls off less sharply than many high-end bikes that depreciate faster than the loan payment," said Maxwell.

There are a few givens when exercising the privilege of riding a motorcycle as a Soldier and on any military reservation: the helmet, gloves, boots, protective sleeves, and the day-glo reflector vests.

Riding off duty and off post does not give Soldiers a pass for wearing the safety gear, regardless of Hawaiian laws that say citizens can ride helmet-optional. The Army in Hawaii mandates all Soldiers and

civilians who ride on post, be it a crotch rocket or a moped, pass a proficiency test.

"Yesterday (the class) got to the point where they could maneuver the bike," said Owens, directing his students as they practiced emergency stopping and swerving. A Motorcycle Safety Foundation instructor's book, long and thin like a police officer's ticket book, jutted from a holster at his hip.

Owens motioned to riders like an infantry squad leader, signaling them to advance, halt, break left or right, while providing encouragement as they earned their motorcycle wings.

"Now they're doing basic riding skills needed to go out and evaluate what kind of bike they'll ride."

In cold, hard statistics, 48 Soldiers were killed in motorcycle accidents nationwide in fiscal 2006, an increase of 20 percent over the previous year. Two-thirds of those accidents involved sergeants and above over the age of 25.

It isn't the bike that will kill; it is the experience level of the rider and how that rider reacts to hazardous situations. If a Soldier, family member or DoD civilian wants to spend three days learning to ride as their duty, the payoff is a lifetime of safe, economical travel.

*(Editor's Note: The author is a motorcyclist with 32 years of riding experience.)*



A rider approaches Master Sgt. Owens, not knowing if she'll have to swerve left or right. This skill is essential for avoiding danger.





13 / Today

**Hot Country Nights** — Country music fans are invited to a free night of music, contests, giveaways and more at Hot Country Nights. Come to the Tropics, April 13, 8 p.m.–midnight, and enjoy DJs Charlie “Ghost Rider” and Kathleen “Rodeo Radio Girl” Garrett, who will spin all your country favorites. Patrons must be 18 or older. Call 655-5697.

14 / Saturday

**Parents Night Out** — Take advantage of the Child and Youth Services’ (CYS) “Parents Night Out” program and enjoy a nice night out on the town. Leave your kids in the responsible hands of caregivers at Peterson Center, Schofield Barracks, or at the Child Development Center, Fort Shafter. Children enrolled in Parents Night Out must be registered with CYS. Reservations are first-come, first-served. Call 655-8313.

17 / Tuesday

**National Library Week** — Celebrate your local library at “Fun Fest.” Balloon animals, face painting, games and a craft await kids of all ages at this free event. Join the fun at the Fort Shafter Library, April 17, 3–4:30 p.m. and the Schofield Barracks Sgt. Yano Library, April 18, 3–4:30 p.m. Call 438-9521 or 655-8002.

26 / Thursday

**Ante up!** — Put on your best poker face and participate in a free Texas Hold’em tournament at the Tropics, April 26, 6 p.m. All ID cardholders are welcome to play, but get there early, because room is only available for 120 people to play. Call 655-5697.

27 / Friday

**Hawaiian Luau Lunch Buffet** — Enjoy the “ono” taste of a traditional Hawaiian style feast, 11 a.m.–1 p.m. at the Hale Ikena on Fort Shafter, or 11 a.m.–2 p.m. at the Schofield Nehelani.

Cost is \$9.95 per person. Call the Hale Ikena at 438-1974 or the Nehelani at 655-



Send calendar announcements to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

April

13 / Today

**Pau Hana Social Hour** — Fridays, an information booth will be located at the Kolekole Bar & Grill, Schofield Barracks, during the Pau Hana Social Hour, 5–7 p.m., to recognize and call attention to Sexual Assault Awareness Month. FYI, the color teal represents sexual assault awareness, so wear the color teal on Fridays to help raise awareness.

**“Youthful Energy”** — The Honolulu Symphony announces joint performances by its Hawaii Youth Symphony as part of the Honolulu Symponhy Halekulani MasterWorks “Youthful Energy” concert series, April 13 at 8 p.m. and April 15 at 4 p.m. All concerts take place at the Blaisdell Concert Hall.

Student tickets are \$10; a 20 percent discount applies to military and seniors with ID. As a special promotion, the Symphony is offering a special ticket price of \$15 or \$30, based on seating, to one parent/adult who accompanies students. The discounted parent/adult ticket must be purchased at the same time as student tickets. Call the Box Office at 792-2000.

14 / Saturday

**Sunset on the Beach** — Tesoro Hawaii and Hawaiian Electric Company (HECO) present an environmentally themed Sunset on the Beach this weekend in Waikiki, in celebration of Earth Month, with “Happy Feet” for the whole family, Saturday, and the documentary “An Inconvenient Truth,” Sunday.

Sunset food booths open at 4 p.m., live entertainment by Rubber Soul, Country Kru (Saturday) and Pohaku (Sunday) starts at 5 p.m., and the movie will begin shortly after sunset at approximately 7:30 p.m.

15 / Sunday

**April Hui Luncheon** — The deadline to register for this month’s Hui O’Wahine luncheon at the Schofield Nehelani is 7



Jeremy S. Buddemeier | U.S. Army Garrison, Hawaii, Public Affairs

Pocket-sized pride

Fourteen-year-old Francis Eyre, left, hands Col. Timothy Ryan, 25th ID rear detachment commander, a package of pocket-sized American flags, Tuesday. The 1,600 flags, which were meticulously folded according to regulations by volunteers and Boy Scouts from Eyre’s Troop 135, will be sent to deployed 25th Infantry Division and 45th Sustainment Brigade Soldiers this week.

4466 for lunch buffet reservations or more information.

Ongoing

**Play and Learn** — Play and Learn is a weekly play group for infants (0-12 months), toddlers (12-36 months), preschoolers (36-60 months) and their parents. This free program combines play time with short learning topics. Groups meet at Aliamanu and Schofield Barracks. Call 655-4227.

**Free Tutoring Service** — SKIES (Schools of Knowledge, Inspiration, Exploration and Skills) is now offering free tutoring to youth who are enrolled with SKIES or registered with CYS. Tutoring is available for English, math, sociology, social studies, history, drama and science. This service is available each Monday, from 3:30-4:30 p.m. for students in grades 6-12. To enroll, call 655-9818.

**Nehelani Catering** — The Nehelani Ban-

quet and Conference Center at Schofield Barracks is the perfect setting for most catering needs. This service is available for weddings, graduations, proms, birthdays, military functions, reunions, conferences, workshops or private parties.

The Nehelani staff will work hard to make any occasion an event to remember. Call 655-0660.

**Volunteer Opportunities** — Do you have a special skill or talent and enjoy teaching children? Join the Child & Youth Services family as a child/youth instructor.

SKIES is looking for qualified, caring volunteer instructors for the School of Arts, School of Sports, School of Academics, and the School of Life Skills. Call 655-9818.

**Arts and Crafts Classes** — The Arts and Crafts centers on Schofield Barracks and Fort Shafter offer a variety of classes including ukulele making, stained glass, pottery classes, framing and matting, and woodshop.

Call 655-6330 (Schofield Barracks) or 438-1315 (Fort Shafter) to find out class locations,

samples will be provided:

- May 9, “Diet, Disease and the Mind”
  - May 16, “That Hungry Brain”
  - May 23, “Time for an Oil Change”
  - May 30, “Foods for Thought Overview”
- Call Carol Daul at 206-8667 to register.

**Movie Night** — Mark your calendar for “Movie Night” at the Tropics. Wednesday, April 18, and Monday, April 23, both dates from 7–9 p.m., catch the 2006 documentary “No! Confronting Sexual Assault in Our Communities.”

Youth must be 16 years of age or older to attend.

19 / Thursday

**Winning Resume** — If you’ve never written a resume or need professional advice on updating, formatting and editing your resume, come to the “Creating a Winning Resume” workshop. In addition to assistance with resume preparation, get help developing other job search tools, including cover letters, networking cards and follow-up letters at ACS, Schofield Barracks, April 19 from 9:30–11:30 a.m. at the Fort Shafter Outreach Center. Register online at [www.mwrarmyhawii.com](http://www.mwrarmyhawii.com) or call 655-4227.

20 / Friday

**Intercultural Day** — Hawaii Pacific University will celebrate its 23rd annual Intercultural Day on April 20 from 10 a.m.–4 p.m. on Fort Street Mall. Free and open to the public, the event spotlights HPU students’ ethnic and cultural diversity through exhibits, a parade (11:30 a.m.) and lively stage performances (1–4 p.m.) of traditional dance and music from around the world. Call Student Life at 544-0277 for more details.

21 / Saturday

**Seeking Volunteers** — Are you looking for an opportunity to help out the local community? The Hauiki Homes needs help fixing up housing units outside the Fort Shafter area for the homeless, and this outreach is a great opportunity to make a difference.

Some of the tasks to be accomplished include cleaning, spackling, painting and plumbing. If you’d like to help out with this worthy event, April 21, anytime from 8 a.m.–4 p.m. Call 1st Lt. David Fischer at 438-6091.

**Free Car Washes** — Spouses of deployed Soldiers stationed at Schofield Barracks will be treated to a free “Car Wash & Maintenance Checkup” at the car wash rack by Foote Gate, April 21, from 9 a.m.–1 p.m.,

schedules and additional information.

**Child Care Opportunities** — High-quality programs and child care are available for infants through school-age children at CYS’s Child Development Centers, Family Child Care and School Age Services. Current vacancies are 4 weeks–12 in FCC homes and preschool–fifth grade in CDC and SAS programs.

Children of sponsors who are eligible to use Morale, Welfare, and Recreation (MWR) activities (per AR 215–1, active duty military, DoD civilians, active duty reservists, and DoD contractors) may use services provided by CYS delivery systems.

**Auto Safety and Training** — “At Ease Automotive Training” and “Ensuring Auto Safety for Everyone” are taught at the Schofield Barracks Auto Craft Center on the second Friday of each month from 9 to 10 a.m., where you can learn how to properly check your auto’s fluid levels and basic safety checks prior to driving your vehicle.

Registration is required by the Sunday prior to the class start date. Special sessions can be arranged for groups of four to six. Cost is \$5. Call 655-2271.

**Pau Hana Friday** — Enjoy cool refreshments and the chef’s choice, a \$2 pupu platter every Friday, beginning at 4:30 p.m. at Mulligans and Hale Ikena on Fort Shafter. Call 438-1974.

**Story Time** — Nurture your preschooler’s love for reading at your Army library story time. Preschool story time is held Tuesdays at the Fort Shafter library, Wednesdays at Schofield’s Sgt. Yano library, and Thursdays at the Aliamanu library. All story times begin at 10 a.m.

**MWR Pet Kennel** — Located at the Halawa Quarantine Station in Halawa Valley, the MWR pet kennel is available for military personnel deploying, awaiting permanent housing or just going on vacation.

The facility is an outdoor boarding facility for cats and dogs only. Fees for dogs are \$14; a second family dog boarding in the same kennel is \$10.

Cats are \$10 per day; a second family cat boarding in the same kennel is \$5.

Spaces are limited. For reservations, call 368-3456.

**MWR Happenings** — Visit the MWR Web site at [www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com), to find out more information about MWR activities, programs and facilities. Pick-up a copy of the “Discovery” magazine at any MWR facility.

courtesy of the Main Post Chapel, Schofield Barracks.

**Earth Day Weed Whack** — The community is invited to participate in this Earth Day activity. Meet at the Army Natural Resource Center at 8 a.m., Building 1595, East Range, Schofield Barracks, April 21.

Groups will hike approximately 30 minutes each way on a narrow trail to an overlook of beautiful Makua Valley. There, weed-whacking parties will eradicate non-native strawberry guava with herbicide from a native koa and ohia forest.

This event is your opportunity to see native plants such as olopopa, palapalai fern and native tree snails up close. Bring lunch, water (at least 1.5 liters), good hiking shoes, long pants, long sleeves, sunscreen and mosquito repellent (optional).

Call to reserve a spot. Contact Kapua Kawelo or Susan Ching at 656-7641.

**Cooking Classes** — Shanghai Bistro continues its 2007 series of cooking classes with sessions led by Chef Chih-Chieh Chang, April 21 and May 19 at 10 a.m. Registration is \$35 per person and includes an all-you-can-eat brunch after the class. Make reservations at 955-8668.

Shanghai Bistro is located in Discovery Bay, 1778 Ala Moana Boulevard. Validated parking is available in the center’s garage (enter from rear).

23 / Monday

**Jorei** — Join Mokichi Okada Association (MOA) Hawaii Health Activities and improve your mind and body through jorei: the practice of flower arranging and the Japanese tea ceremony. This free event takes place April 23 from 7:30–9:30 a.m. at Pearlridge Uptown Center Court.

24 / Tuesday

**Fashion Show for the Earth** — Ala Moana Center’s Hookipa Terrace will be the meeting place for a benefit for the Hawaii Nature Center, April 24 from 7–9 p.m., featuring the fashions of celebrity designer Betsey Johnson and hair/make-up by Aveda. One hundred percent of ticket proceeds, \$10 presale and \$15 at the door, will go to the Nature Center. Call 947-6141.

25 / Wednesday

**Kids in the Kitchen** — Preschoolers and their parents are invited to join the Armed Services YMCA and make “Octo-Dogs & Shells,” April 25 at 10:30 a.m., and again May 23 at 10:30 a.m. to make “Happy Ice Cream Mice.” Cost is \$3 per child. Preregister at 624-5645.



**Aliamanu (AMR) Chapel, 836-4599**

- Catholic Sunday, 8:30 a.m. – Mass Sunday, 9:45 a.m. – Religious Education (Sept.–May only)
- Gospel Sunday, 11 a.m. – Sunday School (Sept.–June only) Sunday, 12:30 p.m. – Worship service
- Protestant Sundays, 9:45 a.m. – Worship Service Sunday, 11 a.m. – Sunday School (Sept. – June only)

**Fort DeRussy Chapel, 836-4599**

- Catholic Saturday, 5 p.m.–Mass in Chapel (May–Aug.) Saturday, 6 p.m.–Mass on Beach
- Protestant Sunday, 9 a.m. – Worship Service

**Fort Shafter Chapel, 836-4599**

- Contemporary Protestant Sunday, 9 a.m.–“The Wave” Worship

**Helemanu (HMR) Chapel**

- Contemporary Protestant Sunday, 10 a.m. – Worship Service & Children’s Church

**\*Main Post Chapel, 655-9307**

- \* (Note: During renovation, services normally held in the sanctuary will take place at the Wheeler Chapel.)*
- Catholic Sunday, 9 a.m.–CCD & RCIA Collective Protestant Sunday, 10:30 a.m. – Sunday School
- Gospel Sunday, 10:30 a.m. – Sunday School

**MPC Annex, Building 791**

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

**Soldiers Chapel**

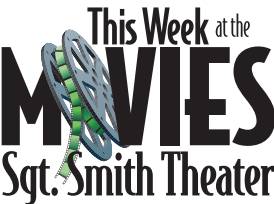
- Catholic Friday–Saturday, 12 p.m. – Adoration (24 hours)
- Protestant Sunday, 9:30 a.m. – Worship Service

**Tripler AMC Chapel, 433-5727**

- Catholic Sunday, 11 a.m.–Mass Monday – Friday, 12 p.m.–Mass Saturday, 5 p.m.–Mass
- Protestant Sunday, 9 a.m. – Worship Service

**Wheeler Chapel**

- Catholic Saturday, 5 p.m.–Mass Sunday, 10:30 a.m.–Mass
- Collective Protestant Sunday, 9 a.m. – Worship Service
- Gospel Sunday, 12 p.m. – Worship Service



**Music and Lyrics**  
(PG-13)

Friday, 7 p.m.  
Wednesday, 7 p.m.



**The Number 23**  
(R)

Saturday, 7 p.m.  
Thursday, 7 p.m.



**The Astronaut Farmer**  
(PG)

Sunday, 7 p.m.





# Operation Purple accepting applications for youth through May 1

SARA MIZUSHIMA

Navy Region, Hawaii, Fleet and Family Readiness, Marketing

HONOLULU – The days are getting longer, and temperatures are warming up, which means summer is almost upon us. Finally, children who have been slaving away completing their homework and school projects will be free to revel in their much-awaited days of freedom.

This year, Navy Region Hawaii, Morale, Welfare and Recreation, and MWR Youth Programs affiliated with Boys & Girls Clubs of America are offering more than 20 programs to fulfill the hopes and expectations of children and teenagers during the summer.

- Individual sports camps in bowling, soccer, tennis, baseball, basketball and golf will hone children's athletic skills and teach them about teamwork.
- Camps in canoe paddling, sailing and surfing will let keiki get wet and enjoy the power and beauty of the ocean.
- Outdoor Adventure Camp will feature biking, kayaking, snorkeling, hiking, surfing, fishing and boogie boarding. There will also be a mountain biking camp and a skateboarding camp offered.
- Cyber Camp is just the activity for youths destined to become computer gurus. Weekly activities will teach them about the Internet, digital photography, animation, game design and Web design.
- Hawaiiana Camp will teach kids the beauty and intricacies of Hawaiian culture.
- GoGirlGo!, a weekly camp, will empower and teach young girls in proper hygiene, fashion, confidence and overall wellness.



Above — Two campers catch a wave at White Plains Beach during Surfing Camp, last year.

Left — At Sailing Camp, military kids learn how to prepare their boat before setting sail at Rainbow Bay Marina.

•Junior Leader Program will offer teenagers the opportunity to build valuable career skills and on-the-job training at various MWR locations. As they earn MWR bucks, teens will learn about saving and spending their money wisely.

•Operation Purple is a free weeklong overnight camp specifically designed for children and teens whose active duty parent has been or will be deployed between May 2005 and September 2007. This camp will provide trips, activities, team-building skills and a service project for all campers. Children will camp at White Plains Beach and teens will fly to the Pacific Missile Range

- Tough Teens Camp will build the mental and physical strength of both boys and girls.
- Camp Adventure, June 11–July 27 from 6 a.m.–6 p.m., will provide full days of energy and enthusiasm for kids.

facility on Kauai.

All camps, with the exception of Operation Purple, are open to all military family members of active duty and DoD personnel. Operation Purple is open to children and teens of all military branches whose parent(s) has been or will be deployed between May 2005 and September 2007.

Qualified parents who are interested in Operation Purple can visit [www.nmfa.org](http://www.nmfa.org) to apply, then visit Catlin Clubhouse located at 4655 Catlin Drive, Honolulu (off Nimitz Road in the airport area) with the service member's proof of deployment. Applications are being accepted until May 1.

For any of the other camps, all single parent/active duty members and dual parent/active duty members can register at Catlin Clubhouse between May 7 and 11, anytime from 9:30 a.m.–5 p.m., with a copy of their Family Care Plan and Leave and Earnings Statement (LES).

All other active duty parents and DoD employees must register May 12 at 8 a.m.; an LES and pay stub are needed for Camp Adventure registration.

Parents who have questions regarding registration or on specific camp programs can come to Camp Orientation, May 1 or May 2 at 6 p.m. at the Catlin Clubhouse to obtain more information.

Visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or call 421-1556 for more details.



# April

## 14 / Saturday

### The Smackdown

— Come watch Hawaii Championship Wrestling at the Schofield Tropics, Saturday. Doors will open at 6 p.m. and matches will start at 7 p.m. Cost is \$5 for guests age 12 and up, \$3 for ages 11 and under, and free for children age 5 and under. Call 655-5697.

## 15 / Sunday

### Bowling Tournament

— A “5 Game, No Tap” tournament will be held at the Schofield Bowling Center, Sunday. Check-in will be at 1 p.m., and cost is \$20 per bowler. Call 655-0573.

## 17 / Tuesday

### Mini Soccer

— Register now through April 17 for Mini Sports Soccer. This program is open to youths born between 2002–2003 and cost is \$10, which includes a T-shirt.

Mini Soccer is a parent-participation program, which meets once a week from 5–6 p.m., April 24–June 14. Youth will learn the basic skills of soccer.

Call 836-1923 (Aliamanu Military Reservation, or AMR), 438-9336 (Fort Shafter), 655-6465 (Schofield), or 655-0883 (Helemano Military Reservation/HMR and Wheeler Army Air Field/WAAF).

## 19 / Thursday

### Learn to Salsa

— See first hand what all the buzz has been about for years. Come for the exercise, come for the dance, or just come to learn something new. Regardless of your reason, get in shape and have fun doing it.

Cost is free at the Schofield Bar-

racks Health & Fitness Center, every Thursday, starting at 5 p.m. Call 655-8007.

### Sprinter's Challenge

— So you think you're fast? Then come prove it at the Sprinters Challenge, April 25-27, Stoneman Track, Schofield Barracks. Sprint distances will include the 40-yard dash, 100-meter dash and 200-meter dash. Sign up by April 19 at the Sports Office, Kaala Community Activity Center, Building 556, Room 100, Schofield, or call 655-9914.

## 20 / Friday

### Exercise Bike Prize

— Enter the Lifetime Sports & Recreation Pursuit to win a brand new Life Fitness Lifecycle Exercise Bike, with a retail value of \$999. This scavenger hunt contest is open to all active duty Soldiers and their family members age 16 and older, one entry per person.

Enter at the Fort Shafter Physical Fitness Center or the Schofield Barracks Health and Fitness Center. Deadline for entries is May 15. The

drawing will be held during National Fitness Month, May 2007. The winner must be on island. Call 655-0111/0112.

## 21 / Saturday

### Blue Star Card Manoa Falls Hike

— Come enjoy a lovely Manoa Falls hike on Saturday, April 21. Enjoy the beautiful falls, shade trees, peace and tranquility; however, bring comfortable walking shoes, sun block, bug spray, water, lunch and a camera.

Register with the Leisure Activities Office, 655-0112/0111 by April 20. Anyone wishing to support Blue Star Card Holders are also invited to participate.

# Ongoing

### Aerobic Classes

— Tripler Army Medical Center (TAMC) and Fort Shafter gyms are offering \$1 per class per person aerobics classes.

At TAMC, classes offered are step aerobics and beginning to intermediate cardio-kickboxing.



Spc. Mike Alberts | 3rd Infantry Brigade Combat Team Public Affairs

# Fight night

KIRKUK, Iraq — Soldiers grapple under the watchful eye of referees in the Warrior Gym, at Forward Operating Base Warrior, March 30, during “Fight Night.” The event is an informal, monthly grappling competition featuring volunteer Army, Air Force and civilian warriors.





# April

## 14 / Saturday

**HPU Soccer Cup** — This annual spring event has become a favorite of the Hawaii Pacific University ohana and will be held during HPU International Week, April 14, 9 a.m.–3 p.m. at its Hawaii Loa Campus, 45-045 Kamehameha Hwy., Kaneohe. Also, don't miss the food fair, as international as HPU. Join the fun and taste culinary delights from around the world while cheering on your favorite country at the HPU Soccer Cup.

## 15 / Sunday

**Hike Oahu** — Come join the Hawaiian Trail &

Mountain Club on its next hike: a long 10-mile road walk that leads deep into a valley before plunging onto a forest trail in Moanalua. So many stream crossings skirt the trail that you'll lose count, and the very steep climb will take you to a high saddle overlooking the windward side.

Intermediate-level hikers are invited to tackle this venture. Call coordinator Mike Algiers, 422-1048, for more details. Also, stay tuned for these upcoming adventures, which start at 8 a.m.:

- April 21, a 2-miler in Ahuimanu for beginners.
- April 29, 8 a.m., an 8-miler in Kaipapau Gulch for intermediate hikers.

A \$2 donation is requested of nonmembers 18 and older. Children under 18 must be accompanied by a responsible adult.

Hikers meet at the Iolani Palace, unless otherwise noted. Bring lunch and water on all hikes; wear sturdy shoes and clothing as extra caution may be required on some trails.

Hikers must keep all trails and lunch sites clear of clutter, and treat trees and plants with care and respect. Firearms, pets, radios and other audio devices are prohibited on all hikes. Visit <http://htmclub.org> for more details.

## 20 / Friday

**Hunter Education Courses** — The Hawaii Department of Land & Natural Resources offers month-

ly Hunter Education classes. Subjects covered include wildlife identification and conservation, firearms and archery safety, survival and first aid, game care, and more.

The next free, two-day class is April 20–21. Class runs Friday from 5:45–10 p.m., then Saturday from 7:45 a.m.–4 p.m. They are family-friendly and open to anyone age 10 years and older.

Classes are held at the Nimitz Center, second floor, Room A-212A, 1130 N. Nimitz Hwy. (Drive up the ramp, the classroom is the first on the right.) All students are required to provide a picture ID.

## 21 / Saturday

**Karate Showcase** — See the Japan International Karate-Ki Center Showcase, Saturday, April 21, from 1:30–2:30 p.m. at the Pearlridge Uptown Center Court.

**Jackpot Rodeo** — The Hawaii Women's Rodeo Association will host a Jackpot Rodeo Saturday, April 21, at the Diamond J Ranch Arena in Waianae. Rodeo action will begin at 10 a.m. with open, 3D and keiki barrel racing followed by pole-bending. Admission and parking are free. Call John Teixeira at 389-9884 or visit the HWRA online at [www.rodeooahu.com](http://www.rodeooahu.com) for more details.

## 28 / Saturday

**K-1 World Grand Prix 2007** — K-1 has rein-vigorated an interest in the martial arts, and that's why this event comes back to Hawaiian shores April 28 at the Neal S. Blaisdell Arena.

Unlike Super Brawl or other new types of fighting events, K-1 is a martial-arts-based sport that allows contenders from various martial arts disciplines to compete with unpredictability; a fighter that physically outmatches his opponent can be knocked out with a single kick or punch.

Tickets, through Ticketmaster, begin at \$40; doors will open at 5 p.m. Call 946-1988 for more details.

## June

## 3 / Sunday

**Canoe Club** — The Honolulu Pearl Canoe Club, a military-oriented outrigger paddling canoe club, is currently recruiting new paddlers of all ages, skill and experience levels for the upcoming outrigger canoe regatta season.

Regatta races are sprints ranging from one-fourth mile to one-and-a-half miles, held every Sunday from June 3 to July 22 at Kailua Beach, Keehi Lagoon, Nanakuli Beach and Waimanalo Beach.

E-mail [megtoad@mac.com](mailto:megtoad@mac.com) or visit [www.honolulupearl.com](http://www.honolulupearl.com) for more details.